

September-2004

FOCUS

A Newsletter for Family & Consumer Sciences Teachers

Do More. . .

The title might cause you to think that this article is going to be encouraging you to increase your teaching performance, become more involved in professional organizations, do more to better meet the needs of your students or agree to take on one more “extra” committee assignment at your school or in your community. Any one of those would be an admirable goal on your part. Instead, I would like each of you to read the following challenges and think about how “do more” applies in your own life.

Do more than exist; live!

Do more than hear; listen!

Do more than agree; cooperate!

Do more than talk; communicate!

Do more than spend; invest!

Do more than think; create!

Do more than work; excel!

Do more than share; give!

Do more than consider; commit!

Do more than forgive; forget!

Do more than help; serve!

Do more than see; perceive!

Do more than read; apply!

Do more than receive; reciprocate!

Do more than advise; help!

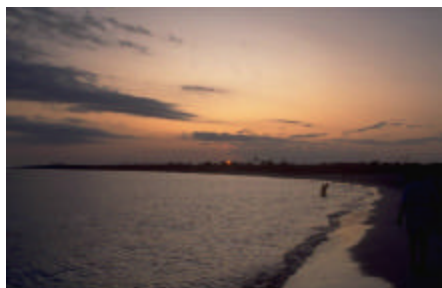
Do more than encourage; inspire!

Do more than change; improve!

Do more than reach; stretch!

Do more than grow; bloom!

Do more than dream; do! -Anonymous



As I read this challenge that was printed in the May issue of *Techniques* and thought about the start of another school year, a few more came to my mind.

Do more than hope; plan!

Do more than support; motivate!

Do more than tell; model!

Do more than like; love!

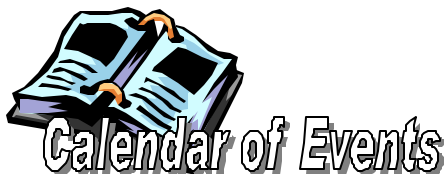
Do more than teach; learn!

Best wishes for a very successful school year and may you find yourself “doing more” . . . but **you** decide what that means to you.

-Shirley Baum, Director

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(Date, event, location, contact person for additional information and telephone number or web address. See box on right for FCS staff.)

2004

SEPTEMBER

- 12-13 FCCLA Fall Leadership Workshop; Aurora Leadership Center; Judy Berg
- 25 ACTEN New Teacher Workshop; five sites across the state

OCTOBER

- 12 FCS Teacher Workshop; North Platte ESU; Shirley Baum
- 13 FCS Teacher Workshop; Scottsbluff ESU; Shirley Baum
- 14 FCS Teacher Workshop; Sidney ESU; Shirley Baum
- 19 FCS Teacher Workshop; Auburn ESU; Shirley Baum
- 26 FCS Teacher Workshop; Kearney ESU; Shirley Baum
- 27 FCS Teacher Workshop; Holdrege ESU; Shirley Baum
- 28 FCS Teacher Workshop; Hastings ESU; Shirley Baum

NOVEMBER

- 4 FCS Teacher Workshop; Wakefield ESU; Shirley Baum
- 12-14 FCCLA Cluster Meeting; Omaha Qwest Center; National FCCLA Office
- 29 Commissioners Recognition for Excellence in Career & Technical Education; Lincoln
- 28 FCS Teacher Workshop; Hastings ESU; Shirley Baum

DECEMBER

- 1 FCS Teacher Workshop; Neligh ESU; Shirley Baum
- 7 FCS Teacher Workshop; Fremont ESU; Shirley Baum
- 8 FCS Teacher Workshop; Milford ESU; Shirley Baum
- 9 FCS Teacher Workshop; Omaha ESU; Shirley Baum
- 9-11 ACTE in Las Vegas, NV; www.acteonline.org
- 14 FCS Teacher Workshop; Columbus ESU; Shirley Baum
- 15 FCS Teacher Workshop; Beatrice ESU; Shirley Baum

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FAMILY & CONSUMER SCIENCES FALL WORKSHOPS – 2004



<i>ESU</i>	<i>DATE</i>	<i>LOCATION</i>
1	Nov. 4	Wakefield
2	Dec. 7	Fremont
3	Dec. 9	Omaha
4	Oct. 19	Auburn
5	Dec. 15	Beatrice
6	Dec. 8	Milford
7	Dec. 14	Columbus
8	Dec. 1	Neligh
9	Oct. 28	Hastings
10	Oct. 26	Kearney
11	Oct. 27	Holdrege
13	Oct. 13	Scottsbluff
14	Oct. 14	Sidney
16	Oct. 12	North Platte

AGENDA**9:00—3:00****AM *Reading Strategies for the FCS Classroom***

Participants will have the opportunity to experience strategies from *Strategies to Engage the Mind of the Learner: Building Strategic Learners* (Billmeyer) and a variety of other resources. Examples will come from all content areas within FCS. Persons who attended a reading session at INVEST are encouraged to bring one reading strategy that has been designed for use with your students this fall.

PM *Resource Sharing Session*

(Booklet provided by presenter; sharing among all participants)

Each participant **MUST** bring either:

- copies of a teaching strategy (something you have designed/used in class successfully) or resource to share with other teachers. The resource might be a website with explanation of how it was used in the instructional process, one or more of your course outlines/other curriculum materials or a public relations tool. At most sites 20 copies are sufficient or bring 1-2 more than the number of FCS teachers in your ESU; call Shirley Baum if you want to know a more exact number.
- OR**
 - A favorite textbook or instructional resource (simulation, video, etc.). Please bring this item so it can be seen and others can write down pertinent information if they wish to order it for their own use. Also, be prepared to tell how it was used in the instructional process.

NOTE: Whenever possible, please indicate in which FCS Essential Learning the resource will help students gain experience and attain competency.

SEE NEXT PAGE FOR REGISTRATION DETAILS !

Register for ONE of the following sessions by calling, e-mailing or using the on-line process at the ESU you wish to attend. If you have a conflict with the date this workshop is being offered in your ESU, please feel free to attend another site. Please honor the registration deadline; anyone registering later than that risks not receiving the handouts.

ESU	LOCATION	DATE	SPECIFIC INFORMATION
1	Wakefield 211 Tenth St.	Nov. 4	\$10 (lunch/breaks); register by 11-22; call Courtney at 402-287-2061 or courtney@esu1.org
2	Fremont 2320 N. Colorado	Dec. 7	\$10 (lunch/am break); register by 12-3; go on-line to http://www.esu2.org
3	Omaha 6949 S. 110th	Dec. 9	No cost; register by 12-3; go on-line to: registration@esu3.org
4	Auburn 919 16 th Street	Oct. 19	\$10 (lunch/breaks); register by 10-15; call Sue, Margaret or Mitzi at 402-274-4354
5	Beatrice 900 West Court	Dec. 15	No cost; register by 12-9; call Pam Borgman at 402-223- 5277 or pborgman@esu5.org
6	Milford 210 5 th Street	Dec. 8	\$10 (lunch/breaks); register by 12-3 with Jennifer at 402-761-3341 or faugeron@esu3.org
7	Columbus 2657 44 th Avenue	Dec. 14	No cost; register by 12-9 with Paulette Wieser at 402-564- 0815 or pwieser@esu7.org
8	Neligh 106 West 3rd	Dec. 1	No cost; register by 11-22 with Tami Schrader at 402-887-5041 or tschrade@esu8.org
9	Hastings 1117 East South St.	Oct. 28	\$8 (lunch/am break); register by 10-22; call Amy at 402-462-5611
10	Kearney 76 Plaza Blvd.	Oct. 26	No cost; register by 10-22 by using the ODIE system at: www.esu10.org
11	Holdrege 412 West 14 th Ave.	Oct. 27	No cost-lunch provided; register by 10-22; call Carol Boehler at 308-995-6585 or cboehler@esu11.org
13	Scottsbluff 4215 Avenue I	Oct. 13	No cost; register by 10-5; go on-line to soar.esu13.org
14	Sidney	Oct. 14	No cost; register by 10-5; call Gloria Rose at 308-254-4677 or grose@panesu.org
16	1221 West 17th North Platte	Oct. 12	No cost; register by 10-5; call Deb at 308-284-8481 or dfrates@esu16.org

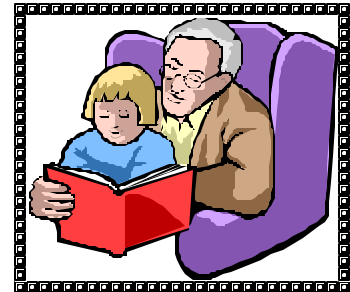
HIGHLIGHTS FROM AAFCS

Opening General Session Keynote Speaker

Presenter: P. K. Beville, Second Wind Dreams

Statements to think about:

- We pass the anniversary of our own death every year and don't even know it.
- By 2050 the average life expectancy will increase to 110.
- With every death is the loss of a wealth of knowledge.
- Baby boomers have changed very aspect of life as they have progressed through it; they will also change "nursing care of the aged" when they get there.
- We live in an age-segregated society even when very similar needs exist among all ages.
- For every decade after 50, the brain loses 2% of its weight resulting in problems with abstract thought that interferes with everyday living.
- No hopes leads to no dreams leads to depression.
- There are basically six types of family members when it comes to making decisions about their elderly family member. . ."bean counters", "steam rollers", "technical-clinical", "ostriches", "passive-aggressive", and "martyrs."



Exploring Food Guides from Around the World

Presenter: Jim Painter, Eastern Illinois University

Food guides have a long history. . .the first guide appeared in 1916 and contained five food groups. The Daily 8 came into vogue during World War II. In the 1970s, there was the Basic Seven followed by the Basic Four in 1956 and finally the Food Guide Pyramid in 1992. Several countries have adopted a pyramid, but the content differs. For example, Puerto Rico's is about the same as the US version, but they have added water. In the Phillipines and Singapore, the dairy group is missing. Europeans favor a circle to represent the food groups. In Portugal, they indicated the percentage that should come from each group rather than number of servings. Germany has seven food groups and beverages are part of the circle, but there are no portion recommendations. In Sweden, eating a variety of food is more important than the food groupings. Mexico has adopted a "stoplight" guide: green = "go" = eat lots (green vegetables and fruits), yellow = caution (cereals), red = "stop" = eat fewer (red legumes and foods of animal origin).

A few statements from Dr. Painter:

- The highest milk-consuming countries also have the greatest amount of osteoporosis.
- Every time we sit down, we eat about a pound of food.
- People with the lowest consumption of vegetables and fruit have twice the risk of cancer.
- When we don't "track" what we eat, we tend to eat more.
- The container size and shape makes a difference in how we estimate amounts.
- Consumption patterns can be changed. Portion size is the biggest cause of over consumption.

Awakening the Researcher Within: Embracing Teaching in an Inquiry Mode

Presenters: Linda Peterat and Gale Smith, University of British Columbia

Action research is the process of collecting data about an ongoing system with the purpose of improving practice. In doing action research, we put down the magnifying glass (looking at others) and pick up a mirror (look at ourselves). We use action research to problem solve about everyday situations so that we can better understand our own professional practice. We are looking for a subjective reality rather than an objective truth.

Food Allergies

Presenter: Daryl Minch, Rutgers (NJ) Cooperative Extension

The food of one may be poison for another. Food allergies result in 30,000 emergency room visits annually and cause from 150-200 deaths each year. They are the leading cause of anaphylaxis outside the hospital. Being sensitive to a food is different from a food allergy. In a true food allergy, there is an immunological response in which antibodies are produced by the body and they cause release of powerful cellular chemicals, which in turn cause the symptoms of allergic reactions. Between 2-2.5% of the US population have true food allergies. 90% come from eight sources: peanuts, tree nuts, milk, egg, soy, fish, shellfish and wheat. Canada and Australia have food labeling laws that require any ingredient containing one of the “big 8” be bolded in the ingredient listing. While some food allergies can be outgrown; peanut, tree nut and shellfish are rarely outgrown. All nursing and pregnant women should avoid nuts and shellfish completely. The speaker recommended that schools should have clear policies related to food service (ingredient identification) and treatment of reactions.

Housing Resources

Presenters: Carolyn Turner, North Carolina Extension and Shirley Niemeyer, UN-L Extension

The HUD Act of 1996 states that “The policy of the US is to provide a decent home and a suitable living environment for every American family. . .” Adequate housing is the foundation for healthy communities, is crucial to maintaining the labor force, supports economic vitality and there are significant social and economics benefits connected to housing. According to a 2004 United Nations report, housing is the second greatest concern being worked on by communities around the world. In the US, 44% of the people who rent, pay more than 30% of their income for rent and 23% of the homeowners spend more than 30% of their income on their mortgage; for many, it is the biggest investment they have. In many communities there is a limited housing supply for families of limited resources. Low-income families pay an average of 46% of their income for housing. The presenters provided a listing of educational websites related to universal design, government agencies & organizations related to housing, energy and environmental issues, and financial issues.



Combined Ages Enhance Lifelong Learning

Presenters: Vicki Rosebrook and Jeanette Tate, Macklin Intergenerational Institute

The Macklin Intergenerational Institute is a place where people of all ages come together. This non-profit organization includes a day care for children from six weeks to five years of age. It is located on the same grounds as a variety of living accommodations for senior adults. The staff is cross-trained to deal with both groups. By 2030, it is estimated that there will be 35 million senior adults over 65 and 40 million under the age of 10. Because the children who spend time with grandparents receive many benefits (and the opposite is also true) the focus is really on building relationships among all ages. “Children need to be wanted – seniors want to be needed.” Research indicates that preschoolers who interact with seniors have better personal and social skills. Because our society is so disconnected and we likely won’t return to nuclear-blood-related-families, in the future a wide variety of “surrogate” extended families will emerge.

“Anger at lies lasts forever. Anger at truth can’t last.”

-Greg Evans, Luann Comic strip

***“Once you replace negative thoughts with positive ones,
you’ll start having positive results.”***

-Willie Nelson



KUDOS. . .

FCSTN Teachers of the year were **Lisa Groth** (Leigh), **Jacque Gaebel** (Plattsmouth Sr), **Marcia Fouraker** (Fremont). Special Service Awards were presented to **Sharon Smith** (Plattsmouth Alternative School) and **Judy Berg** (NDE). **FCS teachers** at Kearney High School were presented with an Outstanding CTE Program award for the development of the Health Care Sciences Curriculum. **Kathy Gifford** (Kearney Sr) began her term as the 2004-05 ACTEN President.

FCS TEACHER CHANGES 2004-2005

Clay Center—Nancy Schlautman	Crawford—Jana Bell
Elwood—Ellen Halmes	Grand Island Barr—Amy Exstrum
Grand Island Westridge—Julie Wasem	Hemingford—Suzanne Neeffe
Lincoln Dawes Middle—Carol Schmucker	
Lincoln North Star Md—Denise Payne	Lincoln North Star HS—Karen Veal
Lynch—Mindy McBride	Madison—Sue Jurgens
Medicine Valley—Lori Welch	Millard North—Karen Timm
Millard West—Carmen Pleskac	Omaha Bryan Middle—Rick Painter
Omaha Burke—Lori Jensen	Omaha Burke—Andrea Burton
Omaha Benson—Ronda Towey	Omaha Norris Middle—Debra Abshier
Papillion-LaVista South—Louise Dornbusch	
Randolph—Rita Sukup	Wayne—Karen Schardt

Teacher retirements:

Jane Vanderbeek (Medicine Valley), **Nancy Hunzeker** (Twin River), **Danna Mosser** (Millard Russell Middle), **Patricia Frederick** (Omaha Burke), **Kathy Fink** (Wayne), **Judy Wixson** (Elwood), and **Carol Watters** (Randolph).

New school configurations:

Marlene Pick will teach at both Coleridge and Laurel. **Carol Kreutzer** will teach at Callaway in addition to SEM. Greeley-Wolbach is a new system; **Kathleen Kennedy** will teach at the Senior High in Greeley and **Jan Steenson** will be at the Junior High in Wolbach.

*Please call either Shirley or Mary Ann if you know of other changes.
Our data system does not report changes to us until about mid-year.*

SPECIAL NOTICE TO NEW TEACHERS:

If you have not heard about the New and Returning First-Year Teachers course OR the ACTEN New Teacher Workshop on September 25, please contact Shirley Baum immediately.

INVEST HIGHLIGHTS

Janie Walters

Normal is Gone and it Won't Be Back

- Change will happen with or without us; we can either embrace change and learn and grow or get left behind.
- Change is a fact of life. Just like a river. . .it can be slow and peaceful or wild and tumultuous; we can either watch from the bank or jump in and swim for all we are worth.
- We have three options. . .fight it, watch it, or harness its power.
- "Eat a live toad first thing in the morning and nothing else bad will happen to you the rest of the day."

Developing Leadership Skills in Students

- Leadership means influence; no one can go higher than the leader.
- A dream is an extension of a belief in yourself. We need to dream and teach our students to dream.
- What you can see is what you can be. If you can't see it, you won't be it!
- Leaders are not born; they are developed.

When Your Blood Starts Boiling, Don't Let it Cook Your Goose

- We need to look behind (historical perspective), look around (see the competition), look ahead (project into the future), look above (spiritual renewal) and look beside (use resources so we don't feel the need to do it all!).
- When something happens, we have thoughts about it; those thoughts control our feelings. Our thought are the only thing we control; we can choose to think positive thoughts to promote positive feelings.
- Anger is almost always a secondary emotion—a weak emotion usually comes first and anger become a defense mechanism.

The Garbage Truck Comes on Tuesday and Friday

- We need to make a conscious decision to avoid "displacing" our stress by moving it from home to school or vice versa.
- We are nine times more likely to become ill if we allow ourselves to be negative in our thoughts.

Cam Marston

Four Generations in the Workplace

- Matures (5% of workforce; born 1920-1945) —provide stability, dedicated to their company, "we" first, heroes are groups (i.e. veterans).
- Baby Boomers (45%; 1945-1965) —are quite traditional, have strong work ethic (workaholics), do not totally embrace technology, are competitive, they are the world's consumers, heroes are individuals (Kennedy, Martin Luther King).
- Generations Xers (40%; 1965-1977) —a pessimistic group that is always questioning the validity of something, they readily embrace technology, self-reliant, want to work on own, change jobs often, no common heroes, want to have fun at work.
- Millennials (10%; 1977-2000) —like to get the job done, but don't like to work past a normal 8-5 day, they choose their heroes by their duties (firefighters, saving lives, etc.), ambitious but aimless, group-oriented, have to be busy.

FCSTN CORNER

Any Family & Consumer Sciences teacher may order these promotional items to use in the classroom, with students, or for administrators/advisory boards. Promote your profession and your program.



New items—

Denim shirts-embroidered in red and white- sizes XS-XXL- \$30.00
 Jr. Portfolio w/ calculator and pen/paper- \$15.00
 Triple head highlighters- \$2.00
 Classic Bookmark- red w/ white lettering of FCS- \$2.50
 Poly/Cotton Aprons- navy w/ white imprinting - \$10.00
 Door signs- New colors/neon/brights/primary- \$1.00

Items from the Past—

Business card magnets - \$1.00	FCS Sticky Notes - \$2.00
Clipboards - \$6.00	FCS Stickers - twenty for \$2.00
Flip Clips - \$2.00	Lanyards - \$6.00
Letter openers - \$2.00	Magnetic Clips - \$2.00
Memo Boards - \$2.00	Mouse Pads - \$6.00
Coffee Mugs - \$4.00	Pencils - two for \$1.00
Pens - \$1.00	Screen sweeps - \$2.00
Tote Bags - \$4.00	FACS Enamel pins - \$6.00
Magic catcher memo holders - \$2.50	Travel insulated mugs - \$6.00
Mock turtlenecks - \$15.00	
FCS Stationery (20 notes w/ envelopes) - \$5.00	
Fly Swatters- (for "Swat the Spot" and more) - two for \$3.00	

LIMITED SUPPLY— Polo shirts- \$22.00 Sweatshirts- \$22.00

For more information or to place an order—

Mary Lou Vossler	mvossler@esu6.org
316 S. River Avenue	Fax: 402-266-4811
Exeter NE 68351	Phone: 402-266-5911, ext. 128

NDE STAFF UPDATE — Judy Berg has graciously agreed to extend her employment with NDE until November 1. We will be contracting with a few individuals to assume “chunks” of her responsibilities during this year. Watch for a listserv message concerning details once decisions have been made.

In January the position will be advertised with a February 1 application deadline. Interview will be held in February with the intent of hiring someone by March 1. There will be a flexible starting date to allow any individuals who presently employed under contract to fulfill those responsibilities; however, it is expected that the new staff begin no later than June 1.

JOIN THE FCS LISTSERV

HOW TO SUBSCRIBE

1. Open a web browser to:
<http://lists.k12.ne.us>
2. Click on FCS
3. Scroll down until you reach the subscribing section. Enter your email address, name, password, and click subscribe.
4. Print off the confirmation email that is sent to the address you provided. Follow the instructions to confirm your subscription.
5. That's it! You are now subscribed.

WHY SUBSCRIBE

1. Information, requests and a variety of time sensitive materials are sent from the FCS staff at NDE to the listserv. It is a major form of communication, in addition to this newsletter, between our staff and teachers across the state.
2. All subscribers can send a message to the listserv; non-subscribers cannot. This allows teachers to network, share resources and seek information from counterparts across the state.

THERE IS **NO COST** TO SUBSCRIBE; Join the 169 subscribers today! ! !

BE PART OF FCCLA

FCCLA provides a wealth of benefits to your students, strengthens your FCS program, increases visibility within your school and community and provides for your own professional development and opportunities for recognition.

If you have ever thought about providing the opportunity for membership to students in your school, make that a priority for this year! Here are a few steps to help you get started:

1. Contact FCS staff and express your interest. You will be added to the FCCLA mailing list, receive a packet of information about the organization and the name of a teacher or two with whom you can talk.
2. Visit the National FCCLA website at: www.fcclainc.org
3. If you have students who have expressed interest already, plan to attend a fall District Leadership Conference or, perhaps, the Cluster Meeting being held in Omaha. If not, start identifying student leaders who could attend State Leadership Conference in April.



HAVE YOU RETURNED THE TEACHER INFORMATION CARD?

A Teacher Information Card was inserted in the mailing we sent to each Nebraska Family & Consumer Sciences Teacher announcing that this issue of the FOCUS was now available on the web page.

PLEASE RETURN THE CARD TO US. . .
To make it convenient, it is already addressed.

Please share this with any new teachers in your building; our mailing list cannot be updated until nearly half of the school year is over.

FREE CURRICULUM FROM THE FAMILY FINANCIAL LITERACY PROJECT

School is about to begin and family and consumer sciences educators are faced with the challenge of teaching their students' life skills in a changing society while meeting national standards. The Family Financial Literacy Project (FFLP) at Montana State University was designed to help meet these demands. The FFLP would like to provide you with a straightforward, standards-based, ready-to-teach family financial curriculum.

The Family Financial Literacy Project began in 2001 through a grant from Take Charge America, Inc. (TCA), a non-profit debt counseling, consolidation, and management service.

In 2003, the FFLP received the "Outstanding Educational Program" award from the Association of Financial Counseling and Planning Education (AFCPE). The project's award-winning curriculum distinguishes FFLP from other family finance curricula.

A few unique features are:

- \$ Educational materials in the lessons include information sheets, PowerPoint® presentations, worksheets, answer keys, assessment tools, games, and bulletin boards.
- \$ Lessons are activity-based and designed using the multiple intelligences model in a ready-to-teach format requiring minimal teacher preparation.
- \$ Lessons can be taught independently, in units, or as a semester course.
- \$ All lessons are teacher tested and aligned to the Family and Consumer Sciences National Curriculum Standards.

The semester curriculum materials, "**Take Charge of Your Finances,**" can be accessed FREE on the Family Financial Literacy Project's website. Lessons are available for all areas of family finance.

www.familyfinance.montana.edu

In addition, the website contains professional development information, newsletters, and additional news about the project. .it is a site worth exploring!